



HALF YEARLY EXAMINATION (2020 – 2021)			
Student's Name:		Grade :	XII
Date :	Time:	Subject:	P.E
Teachers sign:			Total Marks: 70

General Instructions: -

- Question 1 to 11 carry 1 marks each & may be answered in 10 - 20 words
- Question 12 to 19 carry 3 marks each & may be answered in 30 - 50 words
- Question 20 to 26 carry 5 Marks each & may be answered in 75 - 100 words.

1. What is the relation between Asanas & Obesity.
2. Write importance of cardio-vascular system in sports.
3. Write down the impact of high altitude on our training methods.
4. What is A.S.D. and S.P.D.
5. Write down the causes of high blood pressure.
6. Name of any two common postural deformities.
7. Name any specific run organized for a specific purpose.
8. Define Hard Tissues injuries?
9. Classify the flexibility.
10. Explain the effect of menstrual dysfunction in women.
11. What do you mean by sports nutrition.
12. Define first aid? Write down the first-aid treatment of soft tissue injuries.
13. What do you mean by nutrients in food? Explain any two nutrients work in body.
14. Explain the application of Newton's laws of motion in the field of sports & games.
15. "Ageing population can be fit only by regular exercises" comment on above cited statement.
16. What is skin fold caliper? Calculate the fat % of a male with triceps & calf are 12 mm & 9 mm & a female with triceps & calf are 11 mm & 8 mm respectively.
17. Prepare a fixture of 11 teams on the basis of knock out tournament.
18. Make one circuit training programme of 9 (nine) stations for players for general motor fitness without equipments.
19. Tajamul Islam, an eight yrs, old girl, from Kashmir scripted history by winning gold

medal at world kick- Boxing Championship, 2016 of under-eight yrs players in Italy. This young talent was spotted and nurtured by Army good will school Bandipora. Initially she had some limitations but she convinced her father for support & got training under army personnel. She won nation kick-Boxing Championship, 2015 at Talkatora Stadium, Delhi, and now has become role-model for Indian girls to work hard and make their dreams come true.

On the basis of above passage, answer the following questions.

- i. What value are shown by Tajamul Islam's parents, regarding her sports participation?
 - ii. What values are shown by her to win laurel's for her country?
 - iii. What lesson do you learn from the above passage.
20. Explain the contribution of physical exercises for children with special needs.
 21. Discuss the procedure for administering & objectives of Rikli and Jones Sr. Citizen fitness test.
 22. Elucide the big five personality theory.
 23. "Friction is a necessary evil". Justify your answer with suitable examples from sports & game?
 24. What is Female Athlete Triad? Write its causes & treatment remedies?
 25. Elucidate the causes of bad posture.
 26. "In modern life style. Yoga is as preventive measures" Discuss in detail?
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